

# Rainier Beach Pool

8825 Rainier AVE S

Seattle WA 98118

206.386.1925



Monday, June 27th

through

Sunday, September 4th



## Summer 2016 Lap Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
EMLS * (6 Lanes) 6-7:30 AM		EMLS * (6 Lanes) 6-7:30 AM		EMLS * (6 Lanes) 6-7:30 AM	Lap Swim (6 Lanes) 8:30-9:30 AM	
Gentle Fitness 10:30-11:15 AM	Deep Water Fitness 10:30-11:15 AM	Gentle Fitness 10:30-11:15 AM	Deep Water Fitness 10:30-11:15 AM	Gentle Fitness 10:30-11:15 AM	Shallow & Deep Combo 9:35-10:20 AM	Shallow Water Fitness 9:10-9:55 AM
Adult Swim (4 Lanes) Noon-1:30 PM					Lap Swim SPA CLOSED 12:15-1:15 PM	Lap Swim SPA CLOSED 12:15-1:15 PM
Public Swim <u>Session 1: 1:30-2:30 PM</u> <u>Session 2: 2:45-3:45 PM</u> (Each session is separate admission)					Public Swim (2 Lap Lanes) 1:30-2:30 PM	Public Swim (2 Lap Lanes) 1:30-2:30 PM
Lap Swim (3 Lanes) 5:30-6:30 PM		Lap Swim (3 Lanes) 5:30-6:30 PM		Lap Swim (3 Lanes) 5:30-6:30 PM	Public Swim (2 Lap Lanes) 3:30-4:30 PM	Public Swim (2 Lap Lanes) 3:00-4:00 PM
AquaZumba® 7:10-7:55 PM	Shallow Water Fitness 7:10-7:55 PM	Shallow Water Fitness 7:10-7:55 PM	Deep Water Fitness 7:10-7:55 PM	Public Swim (2 Lap Lanes) 7:00-8:00 PM	Public Swim (2 Lap Lanes) 4:45-5:45 PM	Women Only (2 Lap Lanes) 4:30-5:30 PM
	Lap Swim 8-9:00 PM		Lap Swim 8-9:00 PM			

### Recreation Pricing

Youth (1-17)	\$3.75
Adult (18-64)	\$5.25
Senior (65+)	\$3.75
Special Populations	\$3.75

### Fitness Pricing

Youth (17 & Under)	\$4.00
Adult (18-64)	\$6.50
Senior (65+)	\$4.00
Special Populations	\$4.00

### Lap Swim:

A continuous lap swim for swimmers of all ages. We have 3-6 lanes available, divided according to speed. Please circle swim and observe courtesy rules.

\*Admission to Early Morning Lap Swim (EMLS) is by exact change, check, or Quick Card only.

### Public Swim:

Public swim is a time set aside for swimmers of all ages to swim recreationally. Children younger than 6 years of age AND under 48" in height must be directly supervised in the water by an adult (no more than a 2:1 ratio) who is within arm's reach at all times.

### Aqua Zumba®:

A Latin-inspired dance exercise class in the shallow end of the pool! AZ blends the Zumba formula with aqua fitness, into a safe, challenging cardio and toning workout. Get a great cardio workout and have fun. No dance experience needed, great for all fitness levels and swimming abilities.

### Gentle Water Fitness:

This shallow water aerobics class emphasizes improving range of motion, endurance, and flexibility through low-impact movement. Participants work on building strength and balance using the resistance of the water. This is a great class for those with arthritis, pregnant women and people trying to manage their weight. All ages are welcome.

### Shallow Water Fitness:

This class is designed to build strength, flexibility, and cardiovascular fitness. Taking advantage of your buoyancy and water resistance, this is a terrific exercise program regardless of your age or fitness abilities. It allows you to exercise at your own pace.

### Deep Water Fitness:

Our deep water class uses specially designed buoyancy and resistance equipment to provide a demanding workout for the whole body. Tone and strengthen those muscles without impact on your joints, speed recovery from an injury, and increase your endurance. Great music keeps you working hard! Participants should be comfortable in deep water.

### Lap Pool Facts:

- 33 Laps (50 yards) to a 1650 yard mile
- Lanes at Rainier Beach are 6 inches wider than other Seattle Parks Pools
- 1 meter diving board
- Sauna is kept at 160 degrees
- Pool temperature 84-86 degrees
- Float tests can be done at Public Swims with paid admission

#### 10 Punch Rec Card

Youth (1-17)	\$33.50
Adult (18-64)	\$47.00
Senior (65+)	\$33.50
Special Populations	\$33.50

#### 10 Punch Fit Card

Youth (1-17)	\$35.00
Adult (18-64)	\$57.50
Senior (65+)	\$35.00
Special Populations	\$35.00

#### 30 Day FAST Pass

Youth (1-17)	\$45.00
Adult (18-64)	\$60.00
Senior (65+)	\$45.00
Special Populations	\$45.00